PARKWAY
UNITED CHURCH OF CHRIST
ALL ACCEPTED, NO EXCEPTIONS

LIMITLESS LOVE
COURAGEOUS ACTION
SPIRITED INQUIRY

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PARKWAY
UNITED CHURCH OF CHRIST

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Worship with us this Sunday, July 5

eNews leading up to Sunday, July 5

Worship with us this Sunday at 10am! Join us here at PUCC or not YouTube Live (@parkwayuccstl)… or participate any time later on YouTube.

As we mark the 250th Anniversary of our nation this weekend, we will reflect on **Matthew 11:16-19, 25-30** and **Romans 7:15-25a**. The Gospel Lesson is a moment when Jesus invites the people to think generationally about their priorities and actions. Jesus promises perspective and rest amidst it all. The early church passage from Romans encourages us to think about our intentions and impact – and how they aren't always the same thing.

Worship bulletin **here**!

Songs include: *Morning Has Broken; This is My Song, O God of All the Nations; Spirit of the Living God; I Have Decided to Follow Jesus; They'll Know We Are Chistians; Let Us Break Bread Together; Our God, Our Help in Ages Past.*

We will celebrate the sacrament of communion at our open table. All are invited to receive this simple sacred meal. If you are with us remotely, please consider having some combination of bread, crackers, wine, grape juice available.

It's Give-A-Meal Sunday. Please bring gifts of non-perishable food items and/or personal care items for our neighbors in the city and county who need some help. Not sure what to purchase? How about choosing from Isaiah 58's suggestions for July: food - oatmeal, canned fruit; pantry essentials - seasonings and spices; personal care - toilet paper; cleaning supply - dish soap. Circle of Concern is asking for these items this month: pasta sauce, canned chicken, canned corn, canned mixed vegetables, boxed potatoes, rice, baby wipes.
Thank you!

Make a Joyful Noise unto the Lord!

First three Sundays of June, July, and August—come at 9 am to practice, sing in the service.

1st Sunday: Soprano and Alto voices. (Historically "women's voices," properly "higher voices")

2nd Sunday: Tenor and Bass voices. (Historically "men's voices," properly "lower voices")

3rd Sunday: All voices! Come "try it on" if you are interested in becoming involved in Parkways quickly growing Music Ministry program!

4th Sunday: PUCC instrumentalists and/or small ensemble of singers.

Want to learn more? Contact aria@parkwayucc.org

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Prayer Partner Before and After Worship this Sunday

PUCCer Lynn Mark is available this Sunday in the front left corner of the sanctuary before and after worship this Sunday to pray confidentially with individuals. She is a trained prayer chaplain who is gentle, kind, rooted and good humored. She will call on the presence of God and help create a safe spiritual space. Lynn will listen to you as you tell her a bit about your prayer request. She will offer an affirmative prayer out loud, reminding you of your inner strengths rather than ask God for a specific outcome. She will pray that you are guided by God's infinite love, presence and support… and that any joy or gratitude will be multiplied and any fear or doubt will be transformed into peace and confidence.

WISE Team Inquiry: A United Church of Christ Ministry Mental Health

Our church is looking at the possibility of becoming a WISE church as set forth by our United Church of Christ.

(WISE = Welcoming, Inclusive, Supportive, Engaged)

We are at the start of this journey and are hopeful it will be a blessed one. If you are interested in being considered for the WISE Team that would play a formative role in this exploration and study, please click here. Thank you! Questions? Please contact kevin@parkwayucc.org

Prayer List Updates as of July 3

Independence Day!
Beibarys, former exchange student of Gerry and Mike Rogers from Kazakhstan, has been awarded a scholarship for the fall semester at Algebra Bernays University in Croatia.
Bill & Gail, Christopher Haack - Bill engaged in PT; strengthening.
The people of Venezuela after deadly earthquakes.
Ongoing chaos in the Middle East - including for the people of Iran.
The continuing war with Ukraine and Russia.
Our St Louis neighbors finding their way after May '25 tornado
Uganda and The Congo *in a time of Ebola.*
US military and families - **Sera Watkins** and **Anthony Williams.**

Drivers Needed
From time to time, PUCCers are in need of rides to medical appts when their usual circle of support is unavailable. Some in our church family also need help getting to worship. Please let kevin@parkwayucc.org know you are willing to help. You will be added to the list of potential drivers and will receive an email once we have a request for a ride.

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PUCC Announcements

PUCC Scam Alert

Important Notice: We understand that a fresh batch of scam/phish messages are being sent to PUCCers. Ugh! No staff member of Parkway United Church of Christ will ever reach out via email, text or social media to ask for financial help. If you receive a request appearing to be from PUCC staff requesting financial help or other personal information – or any suspicious message – please don't click on any links or engage with the sender. You may want to report this to your email service provider or the appropriate social media service. Block texts from scammers/phishers. Also, keep your antivirus/anti-malware software up to date for protection. Questions? Concerns? Need clarification? Reach out to our staff via contact@parkwayucc.org or 314-872-9330.

Join the PUCC Safety Team!

The Safety Team is looking for a few more members to help ensure Parkway UCC remains a safe, welcoming place for everyone on the premises during our Sunday Morning Experience.

As a team member, you will build relationships with Council members, church staff, the congregation, building renters, and local emergency services (medical, fire, and police).

What You'll Do:

- Learn: Get trained on the safety procedures and technology currently in use at Parkway.
- Serve: Be onsite one Sunday a month from 9:00 AM to 12:00 PM.
(Note: This includes a 9:00 AM walkthrough with the on-duty police officer and serving as a safety observer during worship).
- Guide: Direct the congregation during unexpected events (such as severe weather, medical emergencies, fire evacuations, or building intruders). You will be responsible for calling 911 and guiding others, not directly handling the emergency itself.
- Connect: Attend occasional Safety Team get-togethers.

Have a conversation or contact any of these people if you have questions! • Lisa Davidson davidsonls@wustl.edu

- Phillip Waite pwaite82@gmail.com
- Nick McMillon mcmillon2004@att.net
- Karen Mariani ksmariani59@gmail.com
- Rich Race racerichardg@gmail.com

Listening to Our Online Worshipers!
Wednesday, July 15 at 10am | Sunday, August 2 at 11:5am

Whether you worship with us online regularly or from time to time, we want to hear from you. Please join us for a Zoom conversation about your online worship experiences. We want to learn from you so we can better support and engage with you. Please RSVP for one or more of these opportunities and we will send you the Zoom link and some of the questions that we hope will spark good sharing. Questions? Speak with kevin@parkwayucc.org

Habitat for Humanity Weekday Crews
Parkway has filled our quota for Habitat/Parkway days on **July 11** and **August 1**, but Habitat is always looking for weekday volunteers. Contact Tabatha for details at tabatha@habitatstl.org For more info, reach out to Tom McKenzie at mckenzie1947@att.net

Youth Mission Trip 2026 STL Experience
God is still speaking! We are planning on doing a Saint Louis mission trip from **Sunday, July 19** after worship service until **Thursday, July 23**. Doing the mission trip here will allow for more flexibility between ourselves and your families. We'd love to have your youth for all of it,

or even some of the service projects. We'll have a variety of projects ranging from beautifying the church to helping the greater Saint Louis community, topping things off with a St. Louis Riverfront Cruise! For more info, or if you'd like to help during this, please reach out to Gabriel Requadt gabriel@parkwayucc.org

Information Session Missouri Amendments in August and November
Sunday, July 26 | 11:15am-12:30pm | Heritage Room

The ballot for the upcoming August and November elections will contain several proposed amendments to the Missouri Constitution that will have a major and long-lasting impact on our state.

Aside from the info session happening at Congregation Shaare Emeth in June, Michelle Singer is hosting an event after worship to help us also understand the effects of a yes or no vote on these important ballot measures. Gain the knowledge you need to make an informed decision on these amendments BEFORE you enter the voting booth. For more info, contact Michelle Singer mrsinger71@gmail.com

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Recurring PUCC Events

POLLINATOR GARDEN The Eco Stewards often tend the Pollinator Garden on Monday nights. Anyone is welcome, but with weather and summer vacations we aren't there every Monday night, so please contact Polly Rutherford before planning to at pollyrutherford@gmail.com

PARKWAY

SPEAKER SERIES

Speaker Series Occasional opportunities after worship at 11:15am

“Hope Without Borders: Delivering Vaccines Where They’re Needed Most,” by Dawn Jones-Goldsten, PhD.

Sunday, July 12 | 11:15am | Heritage Room

Our speaker, Dr. Jones-Goldstein, is a Pfizer vaccine scientist and a member of Parkway UCC. She works at Pfizer’s Chesterfield location, which primarily focuses on vaccines research and development. Key work includes formulation, development, analytical testing, and manufacturing of drug candidates for clinical trials. Dr. Jones-Goldstein’s presentation will explore how global collaboration has changed the trajectory of childhood disease in Southern Africa — and how emerging vaccines against RSV and Group B Strep (GBS) may further reduce infant death and lifelong disability. Together, we’ll look at what happens when science, stewardship, and compassion intersect to protect the next generation.

“The Life and Legacy of Teddy Roosevelt,” by Sam Harned.

Sunday, July 19 | 11:15am | Heritage Room

Our Speaker explores the remarkable life and career of Teddy Roosevelt, from his youth in Gilded Age New York through his political rise and eventful postpresidential years. As one of America’s first truly activist presidents, Roosevelt helped shape the political landscape of the early 20th century. His biography is filled with energy, ambition, and action. Sam Harned was a legendary Clayton High School history teacher, now retired but never far from an opportunity to teach. Sam is known for a teaching style that sometimes emphasizes minimal technology. No power points here!

All programs are held in the Heritage Room following worship. Grab your coffee and a pastry and come join us. Questions? Richard Scherrer at 90fivetpr@gmail.com

Coffee and Conversation at Panera

Wednesday, July 15 | 2pm

Panera on Manchester Rd, Des Peres

Join us for a beverage and sweet treat. Come connect! No need to RSVP - just show up!

Prayer Partner: an opportunity to pray with someone

Friday, July 31 | 1-3pm

Sanctuary

Drop-in Prayer Time.
Kevin will be at church.
Come on by if you'd like to pray together. Please text Kevin (314-330-0629) when you arrive.

Upcoming dates:
Friday, August 21 at 10am
Tuesday, October 20 at 2pm
Monday, December 7 at 2pm
Wednesday, July 15 at 2pm
Monday, September 21 at 2pm
Wednesday, November 11 at 10am Wednesday, January 20 at 10am

Questions? Contact kevin@parkwayucc.org; 314-872-9330

TED
Tuesday Evening Dialogue

TED on Summer Break ~ See You in August!
TED is now on Summer Break. It’s a good time to pick a fun summer read then join us when we resume in August and we can share our cool book adventures. We will start up again on **August**

Upcoming dates in the Sanctuary:
Monday, Aug 31 from 7-9pm
Saturday, Oct 10 from 7-9am
Monday, Dec 14 from 7-9pm
Friday, July 31 from 1-3pm
Friday, Sept 25 from 6:30-8:30am
Tuesday, Nov 17 from 3-5pm
Wednesday, Jan 13 from 10am-12pm

We can arrange a phone call or Zoom for another time if you'd like. Just reach out to kevin@parkwayucc.org

TAD
Tuesday Afternoon Dialogue

TAD is Taking a Break
Tuesday Afternoon Dialogue is taking a break until sometime in August. We'll resume meeting in August, and we will discuss books we've read over the break and will choose our next books then.

11 and will resume our usual schedule of meeting in the Heritage Room on the 2nd and 4th Tuesday of every month at 6pm for Potluck Supper followed by 7pm book discussion. We meet in person and also have Zoom available at each meeting. Have a fun summer and we'll see you in August!

For questions contact Helen Race at **raceh@att.net**

For more info, contact Jackie Eiffert **jeiffert2@gmail.com**

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Other PUCC News

RESEARCHNEWS

WashU

Support WashU Research Public Comment Opportunity
The federal government has proposed significant changes to regulations governing federally funded research that could impact research, clinical trials, student training, and innovation at Washington University. The WashU community is encouraged to learn more, submit a public comment, or sign a petition through the Protect Our Research Enterprise campaign. The public comment period closes **July 13**. Visit the Protect Our Research Enterprise website through here to learn more and participate, or contact Lisa Davidson davidsonls@wustl.edu

These are difficult times in our state and country for LGBTQIA2S+ — especially for transgender — citizens. Maybe you've said to yourself, "I wish there was something I could do to help." Well, there is something.

Well now you can! Check out how our church is involved in supporting LGBTQIA2S+ people. For more information, contact Deb Reinhardt deborahreinhardt@att.net

Give-A-Meal Sundays ~ Sharing our abundance with those who are in need

Thanks to your generous donations to our two partner food pantries, Isaiah 58 and Circle of Concern, on the first Sunday of the month. Please continue to add extra nonperishable food items as you are able for the North St. Louis Tornado Relief collection. Suggested items are canned green beans, corm, fruit, soups, peanut butter, jelly, pasta, meats, packages of spaghetti and pasta sauce, mac n' cheese, rice, mashed potatoes, and baking items. Also needed are diapers, baby wipes, formula, and other baby and personal hygiene items for mothers and babies requested by Planned Parenthood for the North St. Louis Tornado Relief and

OUR MUSIC MINISTRY

As we continue to develop our partnership with Amy Freeman as our organist/pianist, we're seeking more people to be a part of our music program. We're looking for individuals willing to sing a solo, duet, trio or to sing with a group and/or to sing with the First Sunday Choir each first Sunday of the month at 9am. We're also gathering names of instrumentalists who'd share their talents in worship, and those interested in joining a hand chime choir. Please reach out to amy@parkwayucc.org today.

other nearby agencies.

Questions? Please contact Sally Dodge s.dodge@hotmail.com or Evelyn Buretta burettaevelyn@gmail.com

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PUCC Marketplace

PUCC Shirts Available for Sale!
Show your church spirit and spread a little love wherever you go! Our new church t-shirts are comfortable, soft, and perfect for everything from Sunday worship to community events. They feature our church name/logo so you can wear your faith out loud. Shirts are just $15 each in a variety of sizes. Purchase your PUCC shirt today here!

For any questions, contact Gabriel gabriel@parkwayucc.org

New Book! *Advocacy Made Easy*
PUCCer Cynthia Changyit Levin's new book, *Advocacy Made Easy: How to Turn Civic Frustration into Powerful Action,* is **now available**! This concise, 70-page guide offers step-by-step instructions to help both new and seasoned advocates effectively engage with elected officials at every level of government. It includes updated guidance on writing op-eds, navigating AI in advocacy, and crafting persuasive messages using the "EPIC" format. Autographed copies with personal inscriptions are available for $15 through her website here. For more information or to join her launch team, email cynthia@changyit.com

Community Happenings

ACCESS MO

ACCESS FOR ALL MISSOURIANS

JOIN ACCESS MO AND MEET TWO POWERFUL WOMEN LEADING MUST-WIN CAMPAIGNS

TUESDAY, JULY 7, 2026 FROM 5:30 TO 7 PM

Location to be shared the week of the event
RSVP at tinyurl.com/no-on-3-and-4

NO on 3
STOP THE ABORTION BAN

Alessia Modjarrad
NO on 3/Stop the Ban
–on the November ballot–

If allowed to pass, this new Amendment 3 will repeal the voter-approved *Right to Reproductive Freedom Amendment* and reinstate Missouri's abortion ban.

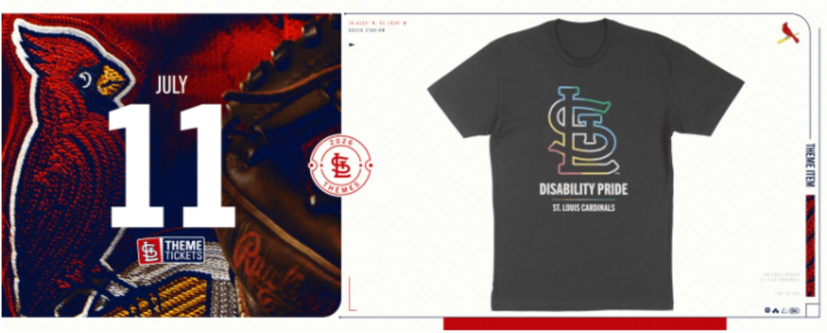
NO ON 4 | PROTECT MAJORITY RULE

M'Evie Mead
NO on 4/Protect Majority Rule
–on the August ballot–

If allowed to pass, Amendment 4 will rewrite Missouri's constitution to make it nearly impossible for citizens to pass ballot measures.

Access MO is proud to endorse both NO on 3 and NO on 4.
Access MO is a nonpartisan, volunteer-led PAC that supports state and local candidates and initiatives that work to maintain and restore reproductive freedom, including abortion access, in Missouri.

paid for by Access MO, Karen Smoller, treasurer



Disability Pride Night at the Cardinals
Join the Cardinals to celebrate Disability Pride Night on **Saturday, July 11**! With the purchase of a special Theme Ticket, fans will take home an exclusive Cardinals t-shirt featuring the disability pride flag.

What is Disability Pride?
Disability Pride is a movement that celebrates the experiences and identities of people with disabilities. It shifts the narrative from finding a cure to embracing the uniqueness of our bodies and minds. At its core, Disability Pride recognizes disability as a natural part of the human experience while magnifying disability culture, community, and joy.
The shirt features an STL logo with coloring based on the Disability Pride Flag created by writer Ann Magill.

Each color of the flag represents a different disability experience:
- Red – physical disabilities
- Gold – neurodiversity
- White – invisible disabilities and disabilities that haven't yet been diagnosed
- Blue – emotional and psychiatric disabilities, including mental illness, anxiety, and depression
- Green – for sensory disabilities, including deafness, blindness, lack of

smell, lack of taste, audio processing disorder, and all other sensory disabilities

This event is planned in partnership with our friends at **Starkloff Disability Institute** – a local nonprofit focused on building inclusion where we live, learn, work, and play through disability-led programs that advance economic opportunity and transform lives. For more information, visit the Cardinals website here!

UCC Wider Church Notices

UNITED CHURCH OF CHRIST
NURTURE THE SOUL
Thursdays, 3:30-4:30 PM ET

Commemorating 250 Years of Pluralism: Reimagining our Sacred Call
Jul 6, 2026 | 3:30pm - 4:30pm | Zoom

As our nation approaches its 250th anniversary, we stand at a critical evolutionary crossroads. The promise of American pluralism has never been a static artifact of the past, it is a living, breathing covenant that each generation must expand, deepen, and renew. This interfaith webinar invites spiritual activists, faith leaders, and justice-seekers to move beyond mere religious tolerance and provide tools to engage in deep, active pluralism. We acknowledge that our nation's founding ideals were marred by systemic exclusion, colonization, and slavery, and yet, we also honor the fierce legacy of prophetic resistance that has continuously pushed us toward true liberation.

Join us as we explore how our diverse spiritual traditions can unite to dismantle modern Religious Nationalism and commemorate 250 years of multi-faith resilience – the true fabric of American Pluralism. We will learn from ecumenical and interfaith leaders through stories, ritual sharing, and the creation of a dreaming space for the next 250-years where every community flourishes under a shared canopy of equal dignity and collective liberation. Register **here**!

Christian Education Updates

CEnews Link

You can find the **July 2** Christian Education newsletter **here**! If you'd like to be included in the CEnews mailing list, please just contact **gabriel@parkwayucc.org**

Taking the Story Home

Want to take the story home to go deeper with the lesson or your family missed last Sunday? Click here! We'll also have ample photos from events that the children & youth do through the year.

Join the Sunday School Ministry Team

We're looking for two volunteers to help teach Sunday School! If you enjoy working with kids and youth, this is a great way to serve—low commitment, just one or two Sundays a month.

Interested? Contact Gabriel Requadt, Director of Christian Education, at gabriel@parkwayucc.org or 314-872-9330 x101.

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Ponder

This Is My Song (tune: Finlandia)
As we celebrate our independence in the US, many of us ponder and pray about our interdependence and the common good across the globe. One of our hymns this Sunday is powerful in musicality, lyrics and vision:

This is my song, Oh God of all the nations,
A song of peace for lands afar and mine.
This is my home, the country where my heart is;
Here are my hopes, my dreams, my sacred shrine.
But other hearts in other lands are beating,
With hopes and dreams as true and high as mine.

My country's skies are bluer than the ocean,
And sunlight beams on cloverleaf and pine.
But other lands have sunlight too and clover,
And skies are everywhere as blue as mine.

Oh hear my song, oh God of all the nations,
A song of peace for their land and for mine.

May truth and freedom come to every nation
May peace abound where strife has raged so long;
That each may seek to love and build together,
A world united, righting every wrong.
A world united in its love for freedom,
Proclaiming peace together in one song.

Video

I would love to see someone redo this amazing message –
WE ARE AMERICA (3.5 minutes)
https://youtu.be/4wqV9y1lAqU

Jokes

What did the colonists wear to the Boston Tea Party?
Tea-shirts.

What was the most popular dance in 1776?
Indepen-dance.

What does the Statue of Liberty stand for?
It can't sit down.

If you cross a patriot and a dog with curly hair, what do you get?
A Yankee Poodle.

What ghost haunted King George III?
The spirit of '76.

What do our flag and a sad candy cane have in common?

They're both red, white and blue.

Questions of the Week

When have you felt free?

When have you helped someone to be free again – or for the first time?

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Taking Care of Business

Please use the form at https://app.onechurchsoftware.com/pucc/forms/13 for all announcements for our media. Best practice can be to type your details in a Word document and then copy those details into the form. Bulletin and eNews deadline: noon Monday. You should receive a confirmation email when you have successfully submitted your request.

Livestream Worship services at PUCC YouTube Channel HERE
There is also a subscribe button under the main heading and brief description of our church. Thank you! Questions? Please contact barbharris@charter.net or cynthianouri@gmail.com

PUCC GOOGLE REVIEW
Love our church? Want people to know how great it is and how welcome they would be here? Help spread the word by writing a Google review.

Here's how to submit your review:
1. Make sure you are logged in to your Google account. You can do this on the upper right-hand side of the page.

2. Do a Google search for Parkway United Church of Christ. Among the search results should be a separate listing for PUCC on the right side of the page. Look down this section to find and click on the “Write a Review” button.
3. You will be prompted to rate PUCC and write a review. You can add photos of PUCC if you'd like though this is optional. When finished, simply click the “post” or “submit” button.

DOWNLOAD OUR PUCC APP TODAY!
For Android, click here!
For Apple, click here!

Parkway UCC's App is a robust tool that helps us connect and communicate easily. One Church is a gamechanger that will help us to be more vital. Click **here** to see the instructions for downloading the app.

Our online member directory is a feature many of you have been waiting for! We take your privacy seriously. The directory is accessible only to PUCC members and staff who use their password to login.

We have also begun using our new front door keypad installed on the brick wall to the right of the doors by our Safety Team. Please select your own unique 4-digit code and send it to **gabriel@parkwayucc.org** so we can load it into the keypad and troubleshoot as needed.

We are happy to help you with anything and everything One Church – including taking your profile photo on Sunday mornings!

One Church Support
Join us with your phone, tablet or laptop as our One Church Team offers support, shortcuts and strategies to make your experience with our software and app more fruitful and enjoyable. People with all levels of experience with One Church are welcome to stop by the large bulletin board in the Gathering Space before or after worship this

Sunday. Cindy will be there!
Questions? Please reach out to:
Cindy Nouri cynthianouri@gmail.com
Barb Harris barbharris@charter.net
Gabriel Requadt gabriel@Parkwayucc.org

Parkway United Church of Christ
(314) 872 9330 contact@parkwayucc.org
2841 N Ballas Road,
St. Louis, MO 63131

We appreciate your submissions of jokes, quotes, photos, videos, weekly opportunities, scriptures that are important to you, hymn/song suggestions, poetry, etc. We would love to hear from you: contact@parkwayucc.org

PUCC eNews is published weekly in order to broadcast Parkway UCC events and happenings - and items of interest to the Parkway UCC community of faith. Please submit all communications requests, by noon Monday.

Staff Configuration and Hours:
Gabriel is in the main office from 8:30am-4:30pm Monday thru Thursday, and on Sundays 8am-12pm as he focuses on Administrative Support, and Office & Building Operations. gabriel@parkwayucc.org

Aria is our Music Director, and can be reached for appointments via aria@parkwayucc.org

Katie and *Lakita* are our Nursery Childcare Providers, giving loving care to all of God's young on Sundays from 8:50am-12:20pm. gabriel@parkwayucc.org

Dawn, our Bookkeeper, is in the office a few days each month and is available via email and phone from her home in Florida. dawn@parkwayucc.org

Kevin is around each day but Thursday. He is available for emergencies 24/7/365 at 314-330-0629; kevin@parkwayucc.org